

Foster, Leonard, Bush and Barnes Gained Signal Honors Among Major League Pitching Stars in Last Season

FOOTBALL TEAMS OVERWORKED FAIL TO GAIN LAURELS

Too Much Practice More Injurious to Player Than Too Little.

SPEED AND NOT BRAWN CHIEF REQUISITE NOW

D. SOL METZGER.

Coach of Washington and Jefferson Football Team.

When we see a football team playing games we are impressed both by its tenacity and by its individual skill. We may conclude that the finished product is the result of skill and tenacity, but the truth is that the game itself is a mere systematic affair. This has with no small degree of surprise we learn that the best elevens are turned out in a most limited amount of time. To me and rightly we infer that this practice is limited, has to be selected.

There was a time when football players had all they had—long, grueling

and the elimination of mass

play and the acquisition of speed

and for speed and strength power which

can only be attained through hours

and hours by long hours of scrapping

and a devoted team on his hands.

Today a man who wants to correct faults

and to attend meetings of leading

men in the city can do so in less than

an hour.

Football demands so much of the

athlete individually and as a part of

the team that it is necessary that he

spend several hours in the late

evening for these purposes—in

addition to his team play and the

necessary exercise to keep contestants in

condition. To accomplish this triple end

to session, even with schoolboy

athletes, is beyond me.

As a coach I am against practice. Actual

and real coaching in football

and educational instruction do not at

all encourage practice. Too much

practice means defeat and ultimate

conditions.

Too Much Work.

The last year I played at Pennsylvania State material was the best. The next year I had several of our big games which we should have won, because of long hours spent in scrapping. Four days weekly from the middle of September or we had a daily practice of four to five hours of scrapping.

On Sept. 1st, 1915, I had a small group of men. We played each other in the morning, played Scratches in the afternoon and then, when we hoped to drag our weary bodies homeward, we were driven against each other for another hour. Some of the fellows did not even get a chance to scratch.

That grubbing, it killed the tempo.

Now different modern methods. Last year Cornell and Princeton took high rank in Easiness to them. At Ithaca, Sharpe could have team practice four times a week for three hours each. The first two days were for individual practice to be in the few men who were free from scratch duties. Nine hours weekly practice Cornell's greatest eleven. This sort of thing makes for good scholarship, too. Cornell easily passed off her own work, while Princeton did not even begin due to his hard work in preparing before college opens—an ideal solution. After that the eleven worked but an hour and a half a day, plus one hour round trip for their runs. Then some started to work again.

Princeton and Dartmouth are continually making efforts to have a play period set aside each day for athletics as afternoon hours conflict with football, but to no avail. Yet, unlike most universities, long ago did this, the time being given to the students for athletic practice as well as a scholastic one. Princeton and Dartmouth, fearing classical courses, play little football with a smattering of this kind and need college work is over by 4. The result is a graduate only in the mind.

It is rather surprising what results are obtained in football in limited practice. The Army and Navy, as successful as they are, are other big teams, practice early over sixteen hours a month in 1913 the Army had the best record, but the Navy was second.

Coming right up with Army and Navy was attribute their recent record slumps to their limited practice—only for last year in West Virginia team was never on the field until November darkness sent the press to forty yards to thirty yards, yet got the nose in the race, showing West Virginia ever had, and the Army ever had.

We remember Sid very well, for

he System—of knowing what is

to come and doing it as the day goes on, the System of the right attitude to football. No coach can afford this day. The problem is to give these exercises increasing rather than tedium. Dummy tackling, dummy interference and machine marching are to teach form only. Some coaches believe we are constantly reading of injuries from this practice.

Last Year Sid in 1904.

The first time we saw Sid in action was in the Marathon race of the Olympic Games at St. Louis in 1904. At that time he was the best runner in the world. Hatch, Chicago A. A., dominated; Art Newell, the big giant of the New York A. A. ruled, and Kelly, the lion hearted Little Collins fourth. These other men or less remained until the amateur section finished off.

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Less Danger, Better Player.

It is better to pack and constantly repeat a dummy with a ladder to keep him soft and soft to hang it over a wall with several feet of sawdust-smeared acrobats learn their stunts without danger to life and limb. Small candidates are most apt to injure their play under somewhat similar conditions.

Scrimmage practice should give

a player over twice weekly. Then a car go at it with vim and not injured. The weary, worn player gets tired. And a player gets mentally weary and loses his interest.

Each day the backs should practice

giving of all kinds, catching punts at passes and making the latter. Ends cannot have too much work at receiving forward passes nor centers at snapping the ball. Line men should be worked on the snap on the snap of the ball and at getting out of their positions to the interference.

Interference should be hammered into every member of the squad, for the team without it like the house built on sand.

Tackling is so important that it must be practiced daily. When players does not fall in his tackling his technique is at an end. Odd schemes have been hit on to enforce its importance. One coach had a player spend two afternoons alone tackling the dummy. He was under orders to keep it in until he had tackled. Ever afterward he tackled.

Catching punts is so important, many games being lost by fumbles, that it should be practised daily and just before each game.

LOW HIT BALL GAMES OF 1916.

NATIONAL LEAGUE.

NO HIT GAMES.

ONE HIT GAMES.

AMERICAN LEAGUE.

NO HIT GAMES.

ONE HIT GAMES.

THREE HIT GAMES.

FOUR HIT GAMES.

FIVE HIT GAMES.

SIX HIT GAMES.

SEVEN HIT GAMES.

EIGHT HIT GAMES.

NINE HIT GAMES.

TEN HIT GAMES.

ELEVEN HIT GAMES.

TWELVE HIT GAMES.

THIRTEEN HIT GAMES.

FOURTEEN HIT GAMES.

FIFTEEN HIT GAMES.

SIXTEEN HIT GAMES.

SEVENTEEN HIT GAMES.

SEVENT